

# Nation

A welder wearing a dark jacket and a welding mask is working in a dark industrial setting. Bright sparks are visible from the welding torch, illuminating the scene. The background shows a tiled wall and some industrial equipment.

Volume 14, No. 10 • March 30, 2007

## Chisasibi job fair

- social club no go...
- Great Whale back?

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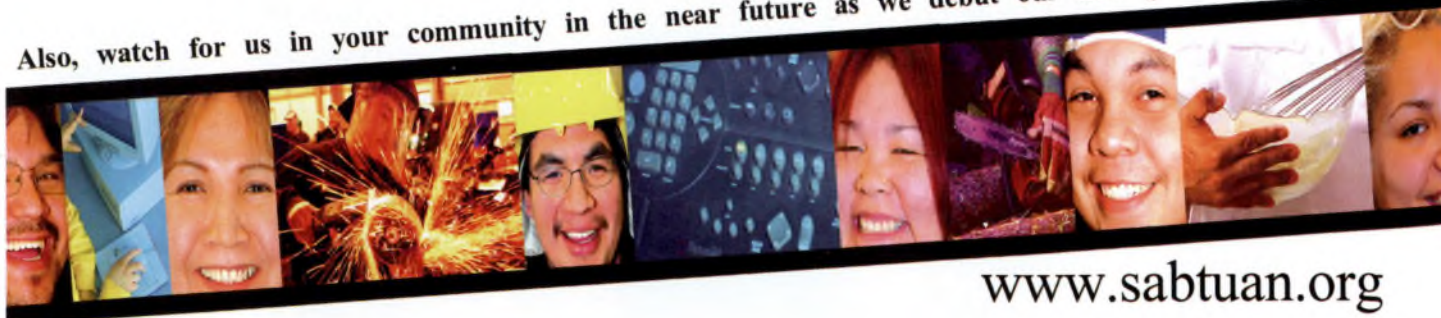
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# Fight isolation by sharing problems

by Steve Bonspiel

Picture this; you are holding two people's hands as you sit in a circle of happiness and comfort. You love and respect those around you and you trust them. You are surrounded by people you care about, people who can relate to what you're going through, people who are living similar experiences, both good and bad.

Your happiness turns to dread as you are woken abruptly by a slam of the front door and come to the sudden realization that it was all a dream; that there is in fact nowhere to turn if you suffer from the host of medical or emotional diseases that afflict Eeyou Istchee because there are no support groups to help you get through the rough times.

The question is, why?

Why are there so few places to turn for someone with a disease that severely limits his or her ability to live a normal life?

It's interesting because this is not something that we can blame on the fat cats in the Grand Council. This is something that falls squarely on our own shoulders.

Granted, it should have become a reality through Cree Health Board funding a long time ago, but after that, it is up to the ones who are suffering from these ailments to attend meetings regularly to support their fellow man or woman and for their own healing.

Someone who suffers from Rheumatoid Arthritis in Eeyou Istchee, who shall remain nameless, had a good point.

"It's important to be there to support each other, whether it be you who is the one going through more challenges or to help someone go through their challenges," she said. "I've been through a lot so I can help somebody, but at the same time maybe someone has a different outlook that can help me."

And she is not alone. Although the numbers are not available or are hard to

find, Eeyou Istchee is more than ready for support groups.

"When I had a flare up I would have liked to have people to talk to," she continued. "It feels good to know that there are other people in the same situation as you. People in your family and friend circle can be supportive, but I think you can get something different out of having someone that can relate to you with the same condition."

She said she would give herself an 8 or 9 on a scale of 1-10 as far as what she knows about her disease and what to do if her medication doesn't work or what to ask her doctors. But not everyone can claim such a high number.

Another way to link the nine communities is message boards. It would be great to have a place in cyber space to meet and talk about specific ailments and to learn more about them. Maybe the Cree Health Board could promote and host this cyber solution on their website.

The benefits of support groups include interacting with a person you feel comfortable with and who feels your pain. You get to release your negativity and promote your own healing through positive thoughts. And you also get to talk about things that others just wouldn't understand.

Eeyou Istchee is a place that needs a lot of healing and support. Many Crees went through residential school and still have not healed properly.

With two major agreements signed with outside governments in under 30 years, the loss of La Grande River and the prospective loss of the Rupert River, time is of the essence to get something going in Eeyou Istchee.

Everyone needs to vent their frustrations and problems and with the current situation that has a mental health professional visit each community every three months, support groups are the next step until the Cree Health Board fixes that problem.

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Photography: Danielle Valade

Design: Cheryl Tom



# Get a job, Jack



Some lives are inspired by the examples of others; some are inspired by nothing other than making money, which is of course, often the driving force for nearly everyone. As I type out this column, I feel the forces in my fingertips of the many genius computer nerds who created the machine and the software that make it work. I feel the presence of those who packed the box it was shipped in and Fedexed™ it to my post office box. I know the people who carried it from the airport to the post office and the people who gave me my notice that my computer had arrived.

I drive a vehicle designed by engineers and visionaries, and manufactured by others who polished, fit and finished the last details of the four-wheeled mechanism. I know that the oil must be changed by another human, and this should be repeated every three months. I carry the computer I ordered via the Internet, that world-changing entity that exists only as electrical pulses coursing around the world, which itself is mastered and coordinated by millions of people. I open the door to my home, the house made by carpenters and electricians and plumbers, and take off my parka made in Canada by expert factory seamstresses, into my warm abode, heated by another person I know, who delivers the heating oil to my thirsty furnace.

Getting hungry, I order some fast food using a phone, made again by humans somewhere in Bell country and the short-order cook who transforms the ground beef that was processed from some slab of cow butchered by someone in another province and then delivered in a truck by a driver and loaded on a plane and flown, again by someone I know, to my community. This piece of hamburger is now cooked by another person, someone I see usually on coffee break or on payday. My pay is processed by the guy sitting next to me, paying me for my hard earned dollar and transferred to

my bank account through other people in another town, who I know by voice alone.

After sitting down and setting up my computer, I bash out this column and email it to others who work in the same industry, the information sent to the editor and proof read by yet another editor before being laid out by a graphic designer using a program designed by dozens if not hundreds of others. The magazine is printed out at some shop that used to be controlled by the now infamous Conrad Black, who made it his job to have a swell time at shareholders' expenses.

The television, manufactured in Japan, brings this inane news to me by some talking head and informs me that the ink that is drying out on this page is tainted by scandal, which is reported by swarms of nosy humans and disseminated to the world using satellites that were made in Ottawa, again by humans in white coats.

What's my point in all this, you may ask?

Everything we see and feel and use on a daily basis is made by someone with a job. There are jobs everywhere; it's just a matter of figuring out which one is the one you want to work at, a job you really want to do.

Jobs to many people are just incomes a way of paying the rent. So many people are unhappy with their work because it is just that, an income. Making a job work for you and making it something worthwhile, while of course making money, is the secret that not too many know, a secret that is now revealed to you, yes, the average working Joe-slash-Jane. Working towards getting a job is something many people skip over; making the life they lead a dull and dreary existence, nine to five, Monday to Friday.

I say to all those who are still young: the opportunity to choose the job you want should not be taken lightly. It could be the difference of making it or just breaking even, or worse, not making it at all.

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Canada

# Mistissini Social Club proposal gets dunked

## Proposal to install 'Cage aux Sports' style resto-bar shot down by community members, band council

by Steve Bonspiel

The community has spoken.

In a six-hour meeting that attracted over 350 people to the elementary school in Mistissini, 31 out of 33 people walked up to the microphone and spoke out against the proposed idea of a resto-bar similar to Kuujuarapik's social club.

Billing his proposal as a 'Cage aux Sports' knockoff that will help to teach people to drink properly, Band Councilor and Chief-of-Police-on-hiatus Calvin Blacksmith was disappointed by the March 20 outcome.

"We walked into an ambush," he said. "People went back to 50, 60 years ago with problems they encountered as consumers of alcohol. That was pretty much the whole discussion about past experiences, they didn't come out with any solutions for the problems we have in the community."

Blacksmith argued that in order to move past community battles with alcohol, the people have to move on and accept the reality – people want to drink responsibly and are sick of being told what to do.

"We listened to all the people and it was like an AA meeting with people talking about the past and how they used to live," he said. "A lot of people who spoke were part of religious groups. The only thing I can say is if they are stuck in the old days, then why do they say they're born-again Christian?"

Blacksmith said that the by-law to sell alcohol in the community only allows for special events, but he doesn't see how a full-time establishment would harm Mistissini. In fact, along with his promise to help to teach people how to drink properly, he said that there would be a stringent rule in place to refuse service to overly intoxicated patrons. He also said his proposal would supply a safe and friendly atmosphere in which to drink socially during a sporting event.

He believes that having people stay in the community when drinking reduces the risk of venturing to Chibougamau and running the risk of killing or being killed while drinking and driving.

Director of Social Development Jane Blacksmith begged to differ. She agreed whole-heartedly with the community's stance.

"The people spoke," she said. "They talked about the many crises and situations that have happened in our community that are alcohol-related. There was an overall opposition to bringing in the sale of alcohol to our community."

Jane Blacksmith admitted she is a recovering alcoholic who

has been sober for nearly five years. Her children are still dealing with the effects her lifestyle had on them, as some have now become alcoholics themselves.

"I tried to be a social drinker at the beginning, but like everybody else in my community, I had issues. I had skeletons in my closet that I had not dealt with," she said. "I was trying to numb my pain with alcohol."

She said that she realizes the inevitability of a bar coming to Mistissini, however.

"I asked them, 'Can you wait for us to heal so we might be able to drink socially in the future?' Right now we're using alcohol to mask our pain, to numb our pain. We're a very hurting community and we know that and everybody knows that."

Chief John Longchap was at the meeting, but could not be reached for comment.

A letter faxed to *the Nation* and signed by Elders' Chief Willy Loon read in part:

*"This does not look good for the way we want to treat our community members. This will hurt our people.*

*We have to look at the future how where (sic) going to help them in the future through our knowledge.*

*.... the position of the Elders Council we do not permit for such a business venture or sale of alcohol in our community."*

"What was witnessed was the kind of immature people we have in the community," said Calvin Blacksmith. "I was shocked to see them acting this way. They said, 'We know how you guys are when you're under the influence of alcohol.' Clifford (Benac) and I used to play hockey together and one guy accused me of offering a 15-year-old alcohol. I don't remember that. There were all kinds of allegations. I don't hide, I'm a big flirt and I talk to women, I don't deny it. I'm very open to it. That was the point he was trying to assert, but he exaggerated."

He said that people who accuse him and his partner Clifford Benac of only being in it for the money are shortsighted. He is hoping to demonstrate to his three children what it means to drink responsible and not to binge drink.

"As an entrepreneur there are costs associated in terms of building," he said. "Plus if the building was on the outskirts there will be major expenses. I don't think our people know how fortunate they are in the communities because everything is paid by government funds. But as an entrepreneur we know we wouldn't make money for three or four years."



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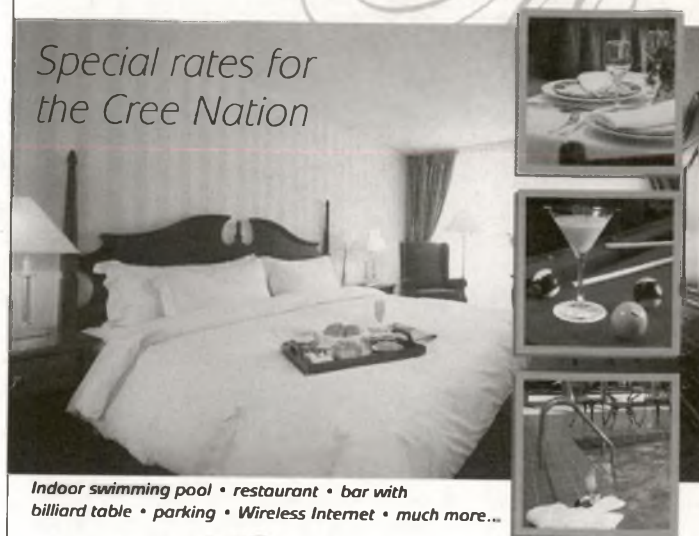
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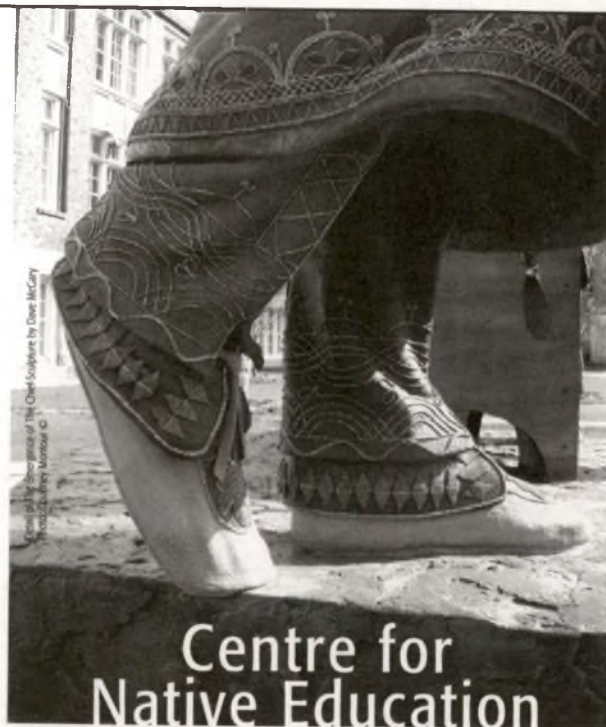
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# 'We will build Great Whale' – ADQ

by Steve Bonspiel

In a stunning disregard for the Paix des Braves Agreement and the Cree Nation, Action Démocratique du Québec leader Mario Dumont has vowed that he would bring the multi-billion-dollar Great Whale hydroelectric project back to the forefront if his party came to power.

"I still think that export, for Quebecers, is a way to the future, and that Quebecers need more money and more financial resources to face the aging population," he added. "We should not leave the Great Whale Project on the shelf."

His comments on March 15 harkened back to the old days when a concerted effort by the Cree Nation allowed them to present a united front against the project. In the early 1990s leaders like Matthew Coon Come and current grand Chief Matthew Mukash fought the project by, among many other efforts, paddling their canoes down to New York City to garner support from American ecologists – and they won.

His words elicited a strong response from the Grand Council of the Crees, which issued the following statement:

"Mario Dumont's announcement of his intention to go ahead with the Great Whale Project is against the spirit of the Paix des Braves Agreement. We consented to the Eastmain Project and only that project.

"The Agreement is intended to strengthen the political, economic and social relations between Quebec and the Crees and establishes relations based on cooperation, partnership and mutual respect, but we find that the unilateralism reflected in Dumont's statement undermines those written commitments of Quebec to the Cree Nation."

Liberal Leader Jean Charest promised Grand Chief Mathew Mukash in a face-to-face meeting last year that the issue of damming the Great Whale River was off the table for good. He also announced that his party's energy strategy policy from 2006 – 2015 did not include the Great Whale Project.

Chisasibi Chief Abraham Rupert, who knows all too well the effects of hydroelectric development thanks to

the damming of La Grande River, was appalled.

"An announcement has been made where we have no say," he said. "I'm against it because of what I see has happened in Chisasibi territory."

The La Grande project flooded thousands of square kilometres of Cree land when eight hydroelectric installations were built near Rupert's community. The community also had to relocate from Fort George Island to its current location of Chisasibi because of fear that they would be flooded. As it is, Chisasibi's 4,000 residents would have just over two hours to evacuate if the dam fails, Rupert noted.

The Great Whale Project would flood over 3,000 sq km of wildlife habitat and divert four major rivers.

"With the big concern for the environment today across this country, it's now known that hydro projects and big reservoirs, contribute to global warming," he said. "It's now time to take a look at an alternative source of energy."

Rupert and his councillors have been in discussions with Ventus, a wind energy company, in hopes of providing the area with other alternatives to the Eastmain 1-A project, which has already started construction and is to be completed in a few years.

Rupert fears that the Paix des Braves Agreement signed in 2002 that gave Cree consent to the massive project created a political opening for Hydro Quebec and forestry and mining companies to come into Eeyou Istchee.

"The other thing we need to understand is when we signed the Paix des Braves, did we open up our territory where the Cree Nation doesn't really have a say? How is the government interpreting that? Are they interpreting it as the Cree Nation is opening up so any major entity can come and develop? Have we consented to that? There needs to be a clearer understanding."

When asked, in the event Mario Dumont became premier, if Crees would fight the project as a unified nation, Rupert quickly replied, "I certainly hope so. The impacts are going to be catastrophic for the Cree Nation on the traditional way of life."



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## Confetti Pasta Salad Ingredients

### Dressing

1/4 cup	red wine vinegar	50 ml
2 tsp	olive oil	10 ml
1/4 tsp	dried basil	1 ml
1/4 tsp	salt	1 ml
1/4 tsp	ground black pepper	1 ml

### Pasta

1 1/2 cup	rotini pasta, uncooked	375 ml
1 cup	peas, fresh or frozen	250 ml
1 cup	carrot, finely diced	250 ml
1 ea	green bell pepper, finely diced	120 ml
1 ea	tomato, seeded, finely diced	123 ml

## Directions

1. In a small bowl, whisk together all the dressing ingredients; set aside.
2. Cook pasta according to package directions, omitting salt. Drain pasta in colander and run under cold water for a few minutes to cool. In a medium bowl, toss together pasta, peas, carrots, peppers and tomatoes.
3. Drizzle dressing over the salad and toss to coat.

### Nutritional Analysis per serving (1/6 recipe):

Calories: 150	Carbohydrate: 28 g
Fat: 2 g	Dietary Fibre: 3 g
Cholesterol: 0 mg	Sugars: 5 g
Sodium: 140 mg	Protein: 5 g



# Public Notice

Ministère du Développement durable,  
de l'Environnement et des Parcs

## **NATURAL HERITAGE CONSERVATION ACT** (R.S.Q., c. C-61.01)

### **Assignment of temporary protection status as a proposed biodiversity reserve**

Notice is hereby given, in accordance with section 29 of the Natural Heritage Conservation Act (R.S.Q., c. C-61.01),

(1) that the Minister of Sustainable Development, Environment and Parks has assigned, by Minister's Order dated 20 February 2007, temporary protection status as the proposed Esker-Mistaouac biodiversity reserve, proposed Anneaux-Forestiers biodiversity reserve and proposed Albanel-Témiscamie-Otish biodiversity reserve to the areas described in the Schedule for a term of four years commencing on the date of publication of this notice in the *Gazette officielle du Québec*;

(2) that the permanent protection status proposed for the proposed Esker-Mistaouac biodiversity reserve and the proposed Anneaux-Forestiers biodiversity reserve is that of biodiversity reserve in continuation with the temporary status already assigned, the granting of permanent status being governed by the Natural Heritage Conservation Act;

(3) that the permanent protection status proposed for the proposed Albanel-Témiscamie-Otish biodiversity reserve is that of national park, the granting of permanent status being governed by the Parks Act (R.S.Q., c. P-9);

(4) a copy of the plan of the proposed Esker-Mistaouac biodiversity reserve, the proposed Anneaux-Forestiers biodiversity reserve and the proposed Albanel-Témiscamie-Otish biodiversity reserve may be obtained on payment of a fee by contacting Joanne Laberge, Direction du patrimoine écologique et des parcs, Ministère du Développement durable, de l'Environnement et des Parcs, 675, boulevard René-Lévesque Est, 4<sup>e</sup> étage, boîte 21, Québec (Québec) G1R 5V7; telephone: 418 521-3907, extension 4426; fax: 418 646-6169; e-mail: joanne.laberge@mddep.gouv.qc.ca.

CLAUDE BÉCHARD  
Minister of Sustainable Development,  
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### **SCHEDULE**

#### **Proposed biodiversity reserves**

##### Proposed Anneaux-Forestiers biodiversity reserve

Location: The proposed Anneaux-Forestiers biodiversity reserve is located in the Nord-du-Québec administrative region, between 49°37' and 49°43' north latitude and 79°18' and 79°30' west longitude.

##### Proposed Esker-Mistaouac biodiversity reserve

Location: The proposed Esker-Mistaouac biodiversity reserve is located in the Nord-du-Québec administrative region, between 49°06' and 49°31' north latitude and 78°31' and 78°59' west longitude.

##### Proposed Albanel-Témiscamie-Otish biodiversity reserve

Location: The proposed Albanel-Témiscamie-Otish biodiversity reserve is located almost entirely in the Nord-du-Québec administrative region and small portions cover the Saguenay-Lac-Saint-Jean administrative region. The proposed biodiversity reserve is located between 50° and 52° north latitude and between 70° and 74° west longitude.

Québec



## James Bay Championships

By James Spencer

The weekend of March 16-18 the Cree Nation of Mistissini hosted the first-ever James Bay League finals. Teams from across the Cree Nation participated in the categories of Novice, Atom, Pee Wee, Bantam and Midget hockey. This is quite an accomplishment considering that up until the past couple years few teams were part of the Quebec hockey system.

The Cree Nation has its own branch of the Abitibi Federation, bringing both the opportunity to compete in league, regional tournaments and provincial championships, but also the insurance associated with such affiliation – an important factor for our children that includes participation and travel.

The event brought in teams from Chisasibi, Eastmain, Wemindji, Waswanipi, Ouje-Bougoumou and Waskaganish, along with local Mistissini competing for the title of regional championship in each age group.

Gordon Brien from Mistissini, who coordinated this weekend of hockey, stated that it was a lot of work and time but the end result is that our youth participate and have fun.

The Abitibi Regional finals, from which the winners will advance to the Provincial Championships, will take place in various venues including Barraute and Rouyn-Noranda the weekend of March 23-25.

In relation to Cree Nation Hockey, the provincial Aboriginal contingent for the National Aboriginal Hockey Championships will be hosting its second selection camp March 28-29 in Kahnawake. The best Aboriginal Bantam and Midget hockey players will be coming together to put together this year's team. There are about twelve girls and ten to twelve boys from the Cree Nation trying out to compete for the crown of National Aboriginal Hockey Champion. More information will follow.

## 'Kelowna Bill' passes House of Commons

Bill C-292, also known as the Act to Implement the Kelowna Accord, was passed in the House of Commons on March 22.

The Bill was introduced after the Conservative government shot down the original Kelowna Accord signed in the fall of 2005 at the First Minister's meeting by unilaterally deciding to provide less than \$400 million of the \$5.1 billion agreement.

The Kelowna Accord was set up to tackle housing, health and education issues in Aboriginal communities across the country.

Although the passage of Bill C-292 does not compel the Harper government to fund the commitments of the Kelowna Accord, Aboriginal groups such as the Assembly of First Nations have strongly urged all Canadians to show solidarity

with Aboriginal peoples and press the government to implement the commitments of the Accord.

"First Nations want to express their appreciation to the opposition parties who showed their unwavering support for Bill C-292," Phil Fontaine, AFN National Chief said in a statement. "It is clear to us and to all Canadians that the majority of elected representatives support the targets and objectives which will help improve the quality of life for First Nations."

## Blockade on Route 117 removed

Motorists breathed a sigh of relief as a blockade on Route 117 between Val d'Or and Grand Remous was removed without incident.

About 50 protestors, led by Confederation of Aboriginal Peoples leader Guillaume Carle, claimed they were asserting their Aboriginal rights and bringing to light the plight of off-reserve Natives and the harvesting of wood locally by Algonquin bands.

The Assembly of First Nations and the regional Assembly of First Nations of Quebec and Labrador denounced the move, however.

"The rights of Aboriginal people are a very serious matter and they should not be used lightly or by the whim of any new group," AFNQL Chief Ghislain Picard said about the Confederation of Aboriginal Peoples.

Grand Chief Lucien Wabanonik of the Anishinabeg Nation said "Guillaume Carle cannot speak on behalf of Anishinabeg Nations."

He added, "Confrontational threats and civil unrest are not methods we wish to use to ensure community development. Our communities have always favoured a 'negotiation of cooperation' with both levels of government."

Aboriginal leaders denounced the blockade that saw guns and the Mohawk Warrior flag being brandished about, despite the fact that the Mohawk Warrior Society was not present and did not condone the actions of those present at the blockade.

## Aboriginal leaders unhappy with federal budget

Aboriginal leaders across Canada are unhappy with the federal budget presented March 20 by Prime Minister Stephen Harper's Conservative government.

"This budget is doing nothing for First Nations people. It's very disappointing," Nova Scotia Micmac Chief Shirley Clarke said in the Montreal Gazette. "Sometimes confrontation may be the way to go, because sometimes nobody is listening."

She is upset that the budget does not address dire needs for housing, health and social ills of the 633 reserves in the country.



# Chisasibi hosts successful job fair

by Steve Bonspiel



Left to right: Nick Paul - First Nations Bank, Kim Quinn, Willard Petagumskum, Deputy Grand Chief Ashley Iserhoff

The first-ever Regional Job Fair organized by the Cree Human Resources Department and held in Chisasibi, brought out many youth looking for a way to brighten their future by exploring jobs that interest them. High school students and adults alike were able to tour the booths, ranging in interest from an Apparatus Electrician with Hydro-Quebec, to jobs in health, to a career as a police officer.

Set up on the top floor at the Mitchuap Auditorium, the fair attracted about 250 youth and young adults from March 13-15. Application forms were available to those wishing to apply to the various jobs available.

A host of guest speakers, role models and interesting presentations helped to keep the event flowing rather smoothly. Humour was the theme of the week as event emcee and reputed comedian Stan Wesley left the crowd in stitches introducing Rodney Hester, the outgoing representative of the Secretariat to the Cree Nation.

"I loved three men in my life, my grandfather, my father

and 'Hot Rod' Rodney Hester," Wesley told the wildly amused audience. His bit about Deputy grand Chief Ashley Iserhoff starting a boy band was... well you had to be there.

The fair was as much about potential as it was about jobs and that point was hammered home numerous times.

"There is so much potential amongst our Cree Nation youth," said Hester. "Pursue your dreams, don't stop dreaming. If you can't find someone to motivate you, motivate yourself."

Dr. Darlene Kitty has been practicing for over a year at her hometown Chisasibi hospital. In her power point presentation she mapped out what students need to do to prepare themselves for college life in general. She went over the often-confusing act of filling out an application form properly when applying for college. She also stressed the importance of "making time for yourself."

Dr. Kitty spoke to *the Nation* afterwards and her message was clear.





Maggie Spencer and Bella Loon

"I want to tell the youth that they can do anything they set their mind to," she said. "I went through a rough period in my life when I lost my twin sister while I was at school. Her death just made me want to try harder so I could do it for her and for myself."

Dr. Kitty admitted that she had her share of hard times in school and sometimes felt isolated and lost. But having a role model like the late Dr. John Big Canoe really kept her going. "He was always encouraging me to go farther, especially when I was trying to get into medical school," she said.

Sadly, Dr. Big Canoe died in a boating accident a few years ago. She regrets he never had the chance to see her become a doctor. Dr. Kitty has two inspirational messages written on the back of the pamphlet she handed out, one of which was relayed to her by her late role model.

It reads: "Don't give up! Don't listen to pessimists! Ambition, motivation and determination are important in achieving anything you want to be!"

Dr. Kitty currently sits on the board of the Indigenous Physicians of Canada as secretary. She sees it as a way of giving back as it is set up to help more Aboriginal students get into medical school.

She is also bridging the gap between non-Cree and Cree culture as the Medical Student Residence Coordinator for McGill University. She helps to organize rural family medicine rotations as a way to introduce more health professionals to Cree culture, Aboriginal health and the challenges faced in remote communities.

The theme of the job fair – "Plan today...for a brighter tomorrow" – could not have been more fitting for Mistissini's Kim Quinn. Currently working as the Master Teacher at the Voyageur Memorial Elementary School, Quinn shared her story about the hardships of moving away to pursue a dream at Harvard University.

"I hoped to get the kids to look inside themselves and find their passion and see what they're excited about. It has to be something that they really love," she said.



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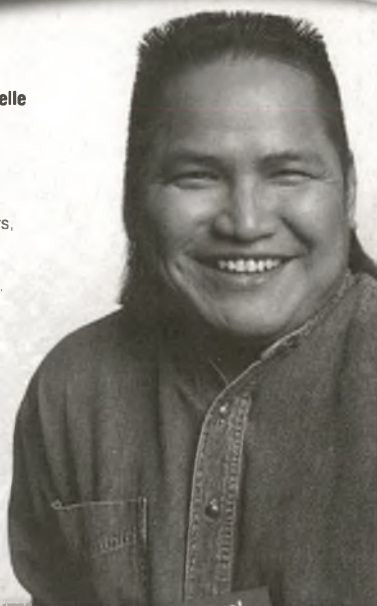
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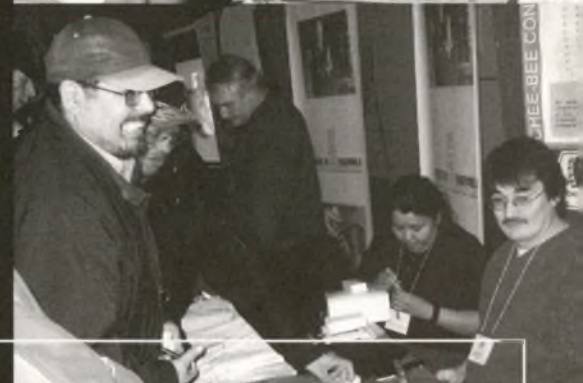
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She said that kids are sometimes pushed towards a certain vocation due to pressure placed on their backs by parents or other students.

She said that it doesn't really matter if a student is unsure of what he or she wants to do in life. Her own story affirms that.

Quinn changed her career path a couple of times, including a brief pursuit of an MBA and an early fascination with language acquisition.

"That's when I started finding out what I was interested in and it switched," she said. "The great part about it is that I don't think of it as wasted years. I think it was a great way for me to really figure things out. I don't regret it at all. If kids are going to take a few years to figure out what they want to do, that's fine. But if they know what they want to do right away, that's fine too." When asked if she ever wished she chose a different path, she quickly answered, "No."

Willard Petagumskum has been working for Air Creebec

for over 10 years. He had a strong message for the youth who visited his booth.

"Stay focused, you can achieve anything you want," he said. "Nothing is out of reach. There are no limits to where you want to go."

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But it all pays off handsomely in the end. Petagumskum is qualified to fly a Boeing 747, although he chooses not to.

"With my experience, I was able to achieve the last license that Transport Canada has which is called the Airline Transport Pilots License. I'm fully qualified to fly any machines that I wish to fly, including a 747," the soft-spoken Whapmagoostui pilot told *the Nation*. "I love it. I get to meet different people from different cultures in



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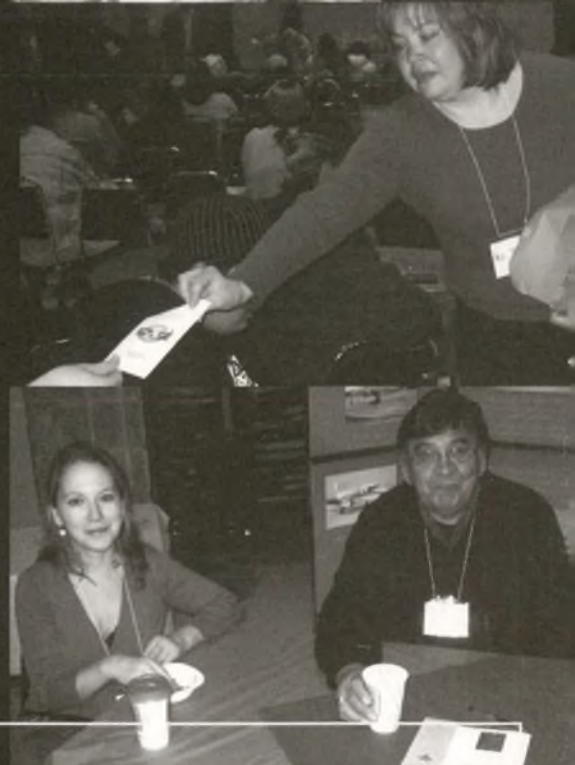
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Ontario and Quebec. I've also been to 10 out of 14 of the Inuit communities. It's a fun way to meet different people by greeting them in the plane."

Although he is qualified to fly elsewhere, Petagumskum is happy to work for Air Creebec. "I like the stuff that we do. Overseas flights are eight to 12 hours and that's too long for me, especially with jet lag."

Youth Grand Chief John Matoush hopes job fairs like these continue.

"It's a great way to explore ideas and come up with solutions to create employment for the youth," Matoush told *the Nation*.

Matoush said the young people of Eeyou Istchee need to experience things for themselves. "They are very visual," he said. "In order to get the message across, there has to be videos and displayed materials that shows them what's out there because that's the way they work."

Seeing the role models in person is worth a lot to young

people, he added. "They get a chance to hear and interact with them and that is important."

Deputy Grand Chief Ashley Iserhoff was on also on hand to inspire youth to find their inner gift. "I know I have a gift and a talent and you have the same thing," he said. He talked about the road he took to become Deputy Grand Chief.

"It has not been an easy road to get to where I am today. I met people saying, 'You cannot do it.'" But Iserhoff, the former Youth Chief, persevered and refused to let the negativity get to him.

"Don't allow anyone to discourage you," Iserhoff continued. "Don't give up on your dreams. I have a lot of faith in everyone in this room. You have a lot to give, a lot to offer your communities."

A common theme throughout the fair was a unified message of taking control of one's life. As Iserhoff emphasized to the young people he met, "They say the youth are the future, but you are here today."





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# The 2001 Census

In 2006 the last Canadian census was taken and though most of the information has been published, much of the data on Quebec's north is still not available. What is available however is the new numbers on population amongst the Cree reserves and when you combine it with the previous information on employment within the region it provides an interesting snapshot of each community and the economies of those communities.

## **Chisasibi**

As of 2001, the population of the Chisasibi reserve was 3,467, and as of 2006, the population jumped to 3,972, seeing a growth of 14.6 %. In 2001, the average working adult in Chisasibi makes approximately \$21,311 annually and this figure includes those that work full and part time. The total "experienced labour force" for this region was 1,010 in 2001 and gents are still bringing in more than the ladies earning \$22,030 over \$20,552 which is a difference of \$719 annually. The bulk of the population in Chisasibi earns their living in the health and education sectors with 365 people in this combined field. Next up is "other services" category with 255 people, followed by 140 in the manufacturing and construction industries sector. Back in 2001, 80 people earned their living in the wholesale and retail trade sector, 75 in the business services sector closely followed by 70 in the agriculture and other resource-based industries sector. The last category mentioned was finance and real estate, which had a total of 20 people working in that sector.

## **Mistissini**

Mistissini has also seen a significant population jump, from 2,597 in 2001 to 2,897 in 2006, that is an 11.6% increase. The total experienced labour force for Mistissini in 2001 was 950 people. The average worker in Mistissini made approximately \$18,495, with men still making more money on average at \$19,529 and women at \$17,132. The largest employment sector for this community was health and education with

295 working in this sector. Next up was the agriculture and other resource-based industries sector, employing 235 people. The "other services" sector had 190 people working in that field, 85 worked in the business services sector, 65 worked in the wholesale and retail trade sectors, 60 worked in the manufacturing and construction industries sector and 15 worked in the finance and real estate sector.

## **Waskaganish**

Waskaganish saw a population rise of 9.7% with the population rising from 1,699 in 2001 to 1,864 in 2006. The average earnings for someone in Waskaganish in 2001 was \$16,463. Men in Waskaganish made an average salary of \$18,653 and the average salary for a woman in this community was \$14,176. The total experienced labour force in Waskaganish was in 2001, 570 people and the largest employment category was the "other services" category which employed 175 people. The health and education sector employed 150 people, followed by 95 in manufacturing and construction industries, 60 in agriculture and other resource-based industries, 50 in business services, 40 in wholesale and retail trade, and 10 in finance and real estate.

## **Waswanipi**

Waswanipi has seen a massive jump in population, most likely due to the vocational school, going from 1,261 in 2001 to 1,473 in 2006 seeing an increase of 16.8%. The total experienced labour force for Waswanipi was 430 people in 2001 with









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# The 1st Regional Job Fair 2007 was a big success!

The Cree Human Resources Development (CHRD) Department of the Cree Regional Authority would like to extend their sincere gratitude to all the regional and local entities/organizations that were instrumental in making this event a big success.

We would like to thank especially the Deputy Grand Chief, Ashley Iserhoff, the Youth Grand Chief, John S. Matoush and the Director of CHRD, Henry Mianscum for their commitment to the event. And also to all the staff and volunteers, who worked countless hours, dedicating themselves to the success of the Job Fair.

We had great guest speakers and representatives from various entities and organizations who really made the event a vibrant one. The workshops also were truly appreciated by the people who attended the fair. Most of all we had lots of youth and we are grateful for that, they are the future and strength of our proud and strong nation after all.

Meegwetch everybody...



## Regional Participating Entities/Organization

### Special Guests

Stan Wesley	- Master of Ceremonies
Ashley Iserhoff	- Deputy Grand Chief
John S. Matoush	- Youth Grand Chief
Phil Moses	- RCMP officer
Dr. Darlene Kitty	- Doctor
Rodney Hester	- Motivational Speaker
Jeannie Pelletier	- Registered Nurse
Marie-Louise Snowboy	- Registered Nurse
Kimberly Quinn	- Teacher
Joshua Iserhoff	- Entertainer
Freddie Tapiatic	- Apparatus Mechanic Hydro-Quebec

First Nations Bank	- Nick Paul Ricky Lameboy
Cree School Board	- Matthew Iserhoff Andrea Kitchen
Sabtuan Regional Vocational Training Center	- Willie C. Ottereyes
Sabtuan Continuing Education	- Rene Blackned
Niskamoon Corporation	- Melissa Brousseau
Cree Nation of Chisasibi	- Barbara Spencer
Chisasibi Police Department	- Samuel House
Chisasibi Fire Department	- Archie Moar
Cree Construction & Development Company	- Maggie Mianscum Bella P. Loon
Gestion ADC	- Anthony MacLeod
Cree Regional Authority • Youth Department	- Evelyn Tanoush
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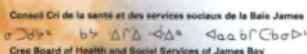






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an average salary of \$20,569 annually. The average man in Waswanipi made a salary of approximately \$22,709, which was significantly more than the average salary for a woman at \$17,822. Of the 430 person labour force back in 2001, the largest employment field in Waswanipi was health and education, employing 120 people. The "other services," category came in second, employing 110 people, followed by 85 in the manufacturing and construction industries sector, 40 in agriculture and other resource-based industries, 35 in business services, and 20 in wholesale and retail trade.

#### **Wemindiji**

According to the 2001 census, Wemindiji had a then population of 1,095 but in 2006 the population was at 1,215, seeing a growth of 11%. The workforce was comprised of a 340 person experienced labour force and the average salary was \$18,055 with men making \$19,314 on average and the average woman bringing in \$16,650. The largest employment category for the community of Wemindiji at the time of this census was the "other services," category which employed 110 people followed by 90 in health and education. A total of 45 people worked in the business services sector closely followed by 35 in agriculture and other resource-based industries and another 35 in manufacturing and construction industries. 30 people worked in the wholesale and retail trade sector.

#### **Whapmagoostui**

At the time of the 2001 census report the Whapmagoostui reserve had a population of 778 people but it has grown 4.4% in five years making the population now at 812. The total experienced labour force for this community was 255 in 2001 with the average worker earning \$17,503. The average employed man in Whapmagoostui earned approximately \$18,073 and the average woman earned \$16,941. The largest employment field for this reserve was the "other services" category employing a total of 125 workers. Outside of that, 80 people worked in the health and education sector, 20 in the wholesale and retail trade sector, 10 worked in agriculture and other resource-based industries, 10 in manufacturing and construction industries and an additional 10 worked in business services.

#### **Eastmain**

The Eastmain reserve in 2001 had a population of 613 but with 6% growth the population is now

reaching 650. The total experienced labour force for this community consisted of 205 with an average annual income of \$20,423. The average man in Eastmain had approximate income of \$23,401 and women made approximately \$17,391 per year. In terms of industry, the largest employment sector in Eastmain was the "other services" category, employing 80 people in 2001. Health and education came in second, employing 60 people, followed by 20 in manufacturing and construction industries, 15 in business services, 10 in agriculture and other resource-based industries, 10 in wholesale and retail trade and another 10 in finance and real estate.

#### **Nemaska**

According to Statistics Canada, the reservation of Nemaska or as it is referred in the census, Nemiscau, had a population of 566 people in 2001. Since that time the population has risen 13.4%, with a population reaching 642. The total experienced labour force for Nemaska was 220 and the average annual income was \$18,429 with men earning \$19,729 on average annually and women earning around \$17,023. The largest group of these workers was found in the "other services" category with a labour force of 85 people followed by 60 in health and education. Agriculture and other resource-based industries employed 30 people in 2001 with another 20 in business services, 15 in manufacturing and construction industries and 10 in wholesale and retail trade.

#### **Oujé-Bougoumou**

The smallest of the nine Cree communities according to the 2001 census report was Oujé-Bougoumou reservation with a total population 553. Though it has seen 9.6% growth since that time, the population is now only at 606. The total experienced labour force for this region was comprised of 225 workers in 2001, earning an average \$17,830 annually with men making approximately \$18,230 per year and women \$17,414. The most popular employment field for this community was again the "other services" category with 110 employed in the sector. The second largest sector was health and education with 40 workers followed by 30 in agriculture and other resource-based industries, 20 in business services, 10 in wholesale and retail trade and another 10 in manufacturing and construction industries.





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Local Cree filmmakers Lucas Trapper (*The Unity Runners Return*) and Jason L Hunter (*The Three Medicines*)



## WEENEEBEG FILM FESTIVAL CELEBRATES FIFTH YEAR

This year's 'community festival' pays homage to the little guy

by Steve Bonspiel

A lot can happen in five years. Just ask brothers Paul and Fred Rickard about their little festival that could.

"When the Weeneebeg Aboriginal Film and Video Festival started off five years ago, we thought it would be a one-time event," Paul Rickard, the filmmaking portion of the dynamic brotherly duo told *the Nation*. "But we realized we really created something here and we continue to make strides through community support. That's what it's all about: we do it for the community."

This year's event ran March 7-11.

Rickard talked about the support from local entities and from the people in Moose Factory and Moosonee, and said that the filmmakers give back in kind.

"Weeneebeg is and always will be a festival where the community plays a major role in how we program our festival as well as how our filmmakers work with the community," he said. "And there's the youth component that our filmmakers facilitate, as well as showcasing works by youth."

Rickard also added that before the festival became a reality, community members would always ask him what kind of films he had been making. They mentioned how hard they were to find on APTN. So part of the reason he and his brother started the festival was because of that. They got Cree Director Shirley Cheechoo on board, applied for a little bit of funding and the rest is history.

Rickard himself is a local legend, having been in the filmmaking business for 15 years, since his early 20s. He says that he has seven films to his credit, including the 26-part series *Finding our Talk*, which he counts as one. He has also worked on countless corporate videos and collaborative efforts over the years.

This year's edition focused on women and their important role in the art of filmmaking. Moose Factory's own Shirley Cheechoo showcased her latest work, the rough version of a three-part documentary-reality series called *Extreme Beats*.

The film takes a police officer from Manitoulin Island

and puts her on a ride-a-long in Australia. It also takes a male Aborigine from Down Under to the foreign Canadian climate of Northern Ontario.

"It was an exchange of cultures," said Cheechoo. "They taught each other about their culture and learned what it was like to be on the other's beat."

Weeneebeg also showcased talents like Gail Maurice (*Memory in Bones*), Elizabeth Day (*Sunshine*) and film legend Alanis Obomsawin (*Waban-Aki, People from where the sun rises*).

"What really made it possible was the support from the community organizations and the people. So in turn, we make the festival about the community. One of the things we do is move the festival location every night from the Cree Ecolodge to the high school to the Elders' centre," said Rickard.

He also said that the programming is adapted depending on which venue the films are being shown in. For example a movie shown at the Elders' centre would concentrate on things like language and hunting, whereas a screening for the youth would have content relating to them.

Ironically, Rickard did not have a film at this year's festival. He joked about Cheechoo "going at a quicker pace than me," since she has had films at Weeneebeg every year.

"As far as I remember growing up in Moose factory I've always been fascinated by that moving image," he said. "My brother Fred used to run movies at the local community hall, like *Jaws*, *Chinatown* and *The Exorcist*. I remember watching them and being amazed."

His brother Fred, who is the co-Executive Director and the Special Events Coordinator, said that the festival is becoming so big that he will be quitting his job facilitating transport at the local hospital to work full time for Weeneebeg in September.

"I never thought the length of how long it would last," said Fred, who has volunteered his time up until this



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Word of Mouth	28%	Magazines	31%	Magazines	31%	Magazines	23%
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% of Teens		% of Age 18-24		% of Age 25-34		% of Age 35-44	
Magazines	45%	Word of Mouth	46%	Word of Mouth	47%	Word of Mouth	47%
TV/Broadcast	42%	Magazines	40%	Read Article	39%	Read Article	42%
Internet Advertising	41%	Read Article	39%	Magazines	34%	Magazines	34%
Word of Mouth	40%	Internet Advertising	37%	TV/Broadcast	31%	Internet Advertising	27%
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### Upcoming events and Nation's Special Issues for 2007:

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**Nation Vol. 14-13** Deadline April 27th:

**Nation Vol. 14-20** Deadline August 3rd:

**Nation Vol. 14-22** Deadline August 31st:

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point. "We just took it year-by-year. Each year the community looks forward to this festival. And afterwards they let us know what they enjoyed, and what they didn't. I'm looking forward to 2008, not the next few years."

There are other activities throughout the year. For example, the Moose Cree First Nation Youth Services asked them to put on a workshop that teaches kids how to get comfortable doing public service announcements for a stop-smoking project. Seven kids worked on the project and their final results were screened at the festival.

This year, a special screening was held that showcased the sadness and despair of the residential school experiences of six Elders.

Called *Muffins for Granny*, the feature-length documentary by Nadia McLaren is very powerful. The film highlights six elders telling their stories about residential schools and how they've managed to overcome their problems through the healing process.

Rickard held a special screening of *Muffins for Granny* March 9 that attracted about 60 people. "We held it as a special screening because of the ongoing problem of residential school issues here," he said. "It was a chance to create awareness for community members."

The residential-school era, in which many children suffered physical, emotional and sexual abuse at the hands of their teachers and others at the school, is sometimes pushed under the rug. Rickard saw the need to get people talking and help them heal their scars.

He worked with Fort Albany, Kashechewan and Attawapiskat and some of their members came down for the special screening. He also worked with the James Bay Mental Health Program to provide counselors at the screening.

"We wanted to provide a support program for any viewers that might have problems with seeing the film," he explained. "It shows how they came to be in the residential school system and what they had to deal with. The second half deals with the healing process and overcoming the abuse."

The film elicited strong reactions, including a couple who walked out. "I talked to them after and they said that they went through residential school," he said. "They couldn't stay



Photo: Reaghan Tarbell

Ian Skorodin (director of *Crazy Ind'n* and *Polar Bears*) conducts Final Cut youth workshop at Weeneebeg 2007.



Photo: Paul M Rickard

Shirley Cheechoo (*Extreme Beats*) and Gail Maurice (*Memory in Bones*) at the Moose Cree Complex as part of the Meet the Filmmakers event at Weeneebeg.



Photo: Paul M Rickard

Shane Belcourt and Ellen Monague enjoy the great outdoors at Weeneebeg in Moose Factory.





## *The Kativik Regional Government's female employees celebrated International women's day with a potluck lunch*

The Kativik Regional Government's (KRG) female employees celebrated International women's day with a potluck lunch on Thursday March 8th 2007. The chairperson for the KRG, Mrs. Maggie Emudluk attended the lunch and talked on the theme for the day, which was Ending Violence Against Women, Action for Real Results.

Special guests, Dorothy Mesher and Christina Gordon of Kuujjuaq, and Maureen Cooney from the Kativik Regional Health Board of Health and Social Services were invited to speak about the issues around Ending Violence Against Women, Action for Real Results. The participants shared information about what kind of work is being done in the Kativik region in terms of support for victims of violence and for the prevention of spousal abuse.

"We were reminded that when there is spousal abuse, all family members are victims and not just the woman. Overall, we feel that this was a very successful event and as organizers of the event, we were very pleased." Said Lisa Epoo and Lili Juteau, who organized the event.



Will Carey, youth activities coordinator for Weeneebeg and Moose Cree First Nation Youth Services was instrumental in organizing the youth workshops at Weeneebeg festival.



Photo: Paul M Rickard



Photo: Paul M Rickard

Ojibway filmmaker Shannon Letandre speaks to audience member following the screening of her film.



Photo: Denise Bolduc

Invited filmmakers and guests on cultural tour of Moose Factory with Clarence Trapper, tourism officer with the Moose Cree First Nation.

for the whole film."

Cheechoo is proud Weeneebeg promotes women in the film industry.

"It's always very important to showcase female talent because we're always put on the back burner, especially native women filmmakers," she said. "We always have more of a struggle getting funding or having someone take a risk on us as they would with male filmmakers. I'm sure in the white community women filmmakers have a hard time too, but if they were to choose between a white woman filmmaker and a native one, they'd go with the white woman."

She was also pleased with the turnout and the rising local talent that can be credited to the festival.

"To me as a filmmaker it's very important to go back because it grounds me," said Cheechoo. "That's where my parents are buried. All my relatives are there. But I think the most important thing is to hear the language. Where I live nobody speaks Cree. The language grounds me and helps me with my creativity. I think in my language and I write in my language, so it's more creative to me."

She says that when she uses English it comes from her head. "I feel when I use Cree it comes from my heart."

Paul Rickard expressed gratitude to Air Creebec, Moose Cree First Nation, the Moose Cree Education Authority and the Ontario and Canada Councils for the Arts. He said that Weeneebeg will continue to prosper because of their help. He hopes the festival will one day help launch the career of a local filmmaker.

He also credits Indigenous Culture and Media Innovations out of Six Nations, Ontario and the Imaginative Film Festival in Toronto with lending a huge helping hand this year. Imaginative provided the youth component of films that were screened at the school while ICMI donated equipment for use in the workshops.

"When I was growing up there were never any outlets to learn about the arts or media arts," he said. "To promote media arts within the community, we not only look at how we can get support for our festival, but how we can, as filmmakers and as a festival, support our community organizations. It works both ways."

"By having our festival we try to promote media arts as a form of a viable career for people. As artists we contribute to our community by the stories that we tell. We tell stories about our communities, the people within our communities and what happens in our communities."





**Top photo:** A SIGNING CEREMONY has resulted in the creation of a new partnership between two Wabun First Nations and Hydromega Services Inc. Ceremony participants included: back row from L-R: Shawn Batise, Executive Director, Wabun Tribal Council; Denis Brouard, Project Manager, Hydromega; Jean Pierre Lepage, Vice President, Development and Construction, Hydromega; Bob Johnston, District Manager Chapleau, Ministry of Natural Resources; Stephane Boyer, Project Manager, Hydromega; Councillor and Elder Theresa Memegoes, Chapleau Ojibwe First Nation and Councillor Leona Panamick, Chapleau Ojibwe FN. Front row from L-R: Chief Andrew Neshawabin, Brunswick House FN; Jacky Cerceau, President-Director General, Hydromega and Chief Anita Stephens, Chapleau Ojibwe First Nation.

**Bottom photo:** A \$70 MILLION DOLLAR powerproject was launched in a signing ceremony on February 15 in Chapleau Ojibwe First Nation. From L-R: Chief Andrew Neshawabin, Brunswick House First Nation; Shawn Batise, Executive Director, Wabun Tribal Council; Jacky Cerceau, President-Director General, Hydromega and Chief Anita Stephens, Chapleau Ojibwe First Nation.

**By Xavier Kataquapit**

# Multimillion-dollar power projects coming for Kapuskasing River

Chapleau Ojibwe and Brunswick House First Nation leaders announced February 15 that the two bands have signed an agreement with a Montreal hydroelectric firm to develop several power projects.

The partnership with Hydromega Services Inc. is the culmination of several years of development and negotiations that included the Wabun Tribal Council and the Ontario Ministry of Natural Resources. The partnership will see the creation of three waterpower projects and four powerhouses on Old Woman Falls, Big Beaver Falls and White Otter Falls along the Kapuskasing River.

The \$70 million development will produce a total of 20 megawatts of electricity.

This is the first such power generation project produced under the Ontario government's new waterpower site release policy.

Chapleau Ojibwe First Nation Chief Anita Stephens said the power project is a long term investment for her community. "This is a precedent and it will lead the way for other First Nations," said Chief Stephens.

Brunswick House First Nation Chief Andrew Neshawabin said his community is eager to benefit from employment and revenue generation that will come from the project. "For too many years we have been excluded from resource development," said Neshawabin. "This project with Hydromega will help in project development, housing projects and advancing our First Nation for our future generations."

Hydromega will construct and develop the power generating facilities.

Hydromega Project Manager Stephane Boyer has worked closely with First Nations leaders in developing the project. "This is a milestone project in terms of partnering with these two First Nations," he said. "These two First Nations are working as true partners and stake holders in this project."

Wabun Tribal Council worked with the Ministry of Natural Resources to create a Waterpower Site Release and

Development Review Policy to prepare for potential development on Wabun First Nation territories. The policy established in 2004 by the provincial government includes a requirement for potential waterpower developers to contact First Nations whenever development will affect First Nation territories.

The council also worked with its two member First Nations to establish a partnership with Hydromega on the development of waterpower projects on the Kapuskasing River. "In Wabun Tribal Council's history in dealing with resource-based development companies, this is the first time we have established a true partnership that provides a fair deal for our First Nations," said Wabun Tribal Council Executive Director Shawn Batise.

The next step for the development of the Kapuskasing Waterpower projects will be a legal partnership which includes minority ownership for the two First Nations. As part of a Memorandum of Understanding that was signed by the two First Nations and Hydromega, the communities will have the opportunity to increase ownership as their investment in the project grows.







# WILL on the GRILL

by Will Nicholls

Sometimes you look at what you eat and wonder what you are missing. I remember cooking for my parents for a while and leaving for a few days. When I came back they looked at me strangely. I asked them what had happened. It turned out they felt guilty because they had eaten ribs while I was away instead of the healthy food I was always making. I told them it was okay once in a while. So yes you can enjoy ribs, KFC or poutine once a month at the most and only one at a time. Otherwise you are just poisoning yourself. That is why I started Will on the Grill. I want to demonstrate that food is great in all its varied forms and healthy food tastes great.

## Roasted Musty Pork

I couldn't believe how fast this roast went down. Normally a roast will last for a few days and get used for sandwiches. It disappeared before my eyes more than it went down my stomach. Simple and great and I recommend rice as well as a steamed veggie as side dishes.

- 1/4 teaspoon celery seed
- 1/2 teaspoon oregano
- 1 teaspoon dry mustard
- 1 tablespoon Worcester sauce
- 2 leaves fresh basil
- 3 sprigs rosemary
- 2 large French shallots
- 1 large potato
- 3 leafy tops of celery
- mustard
- 1 - 1 1/2 pound lean pork roast
- 4 slice bacon

Put Worcester sauce on roast and set oven to 450 F.

Put spices on roast except shallots, rosemary and mustard.

Layer bottom of Corningware dish with sliced potato and shallots. Reserve some shallots for top of roast.

Take mustard and coat the top without spreading any spices too thin.

Finish the roast off with shallots on top and cut lean bacon in half and put on top. Cover and put in oven.

After 15 minutes turn oven temperature to 350 F and cook for about 45 minutes. Check centre and if red then cook longer.



## Winchester 30-30 Teriyaki Delight

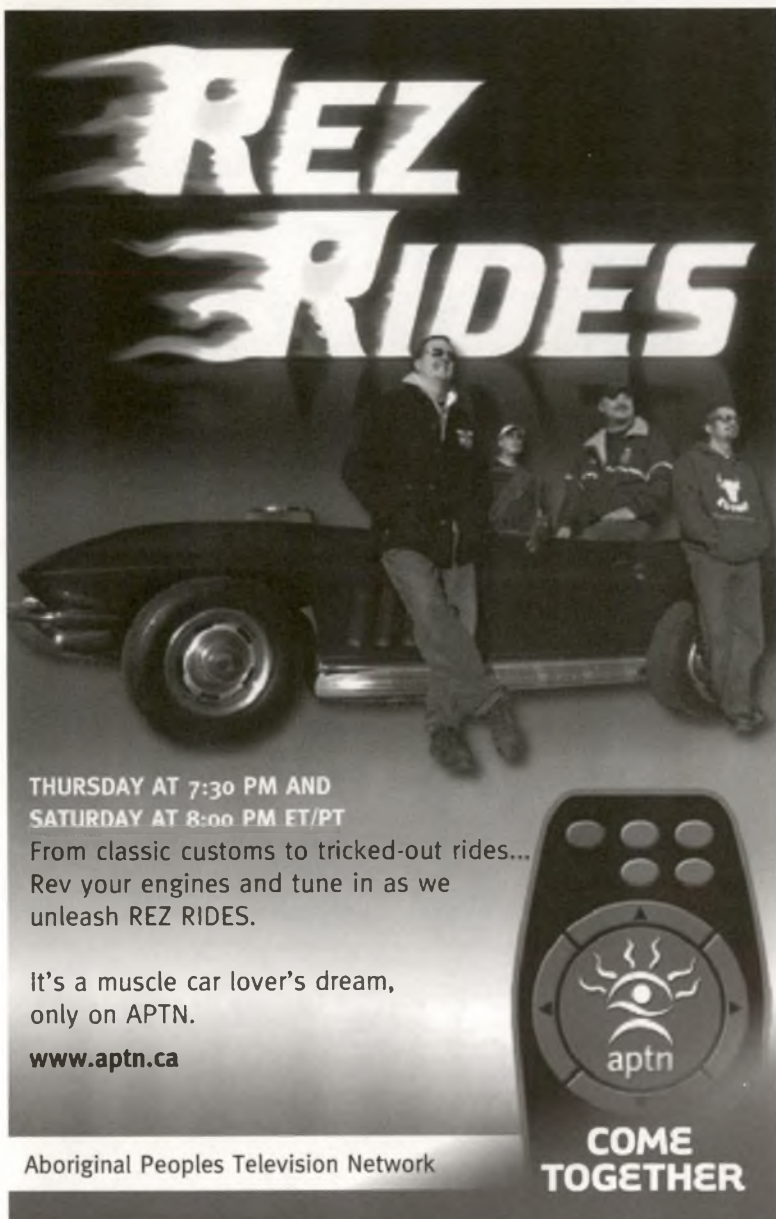
First you take a Winchester 30-30 and find a caribou or moose. Failing that, hopefully some kind soul will give you a piece of meat. I have used both caribou and moose in this recipe. It is one of the favorite at the dinner table and I get requested to do it again and again. The almonds and sunflower seeds really add to the flavour.

- sesame oil
- 4 cloves garlic (3 finely chopped and 1 pressed)
- 2 tablespoons ginger finely chopped
- 1/2 to 3/4 bottle of teriyaki sauce
- lemonized Soya sauce
- 1 - 2 lbs caribou or moose meat cut thinly with any fat removed
- 1/4 cup sunflower seeds
- 1/2 cup almonds
- 1 medium onion
- 4 baby carrots sliced thinly
- 1 stick celery
- 1 piece of broccoli (stalk trimmed and then sliced in 1/8 inch pieces)
- 2 peppers deseeded and cut into chunks (I prefer red, yellow and orange)
- sugar snap peas or snow peas (optional)
- 2 pieces of bok choy (optional)
- lemon grass (optional)
- other veggies you enjoy

After cutting the meat put in bowl with teriyaki sauce, 2/3 of the ginger, garlic press 1 clove and pour in some soy sauce. Mix and leave for at least a half hour. If you do not have lemonized Soya sauce then take half a lemon and squeeze. Don't use it all as you'll need some later.

Cover bottom of the wok or deep frying pan with sesame oil. Sprinkle with garlic and ginger. If you have decided to use lemon grass add it at this time. The lemon grass should be long and easy to see. Turn on high and add the meat, minus the marinade, once the oil starts to sizzle.





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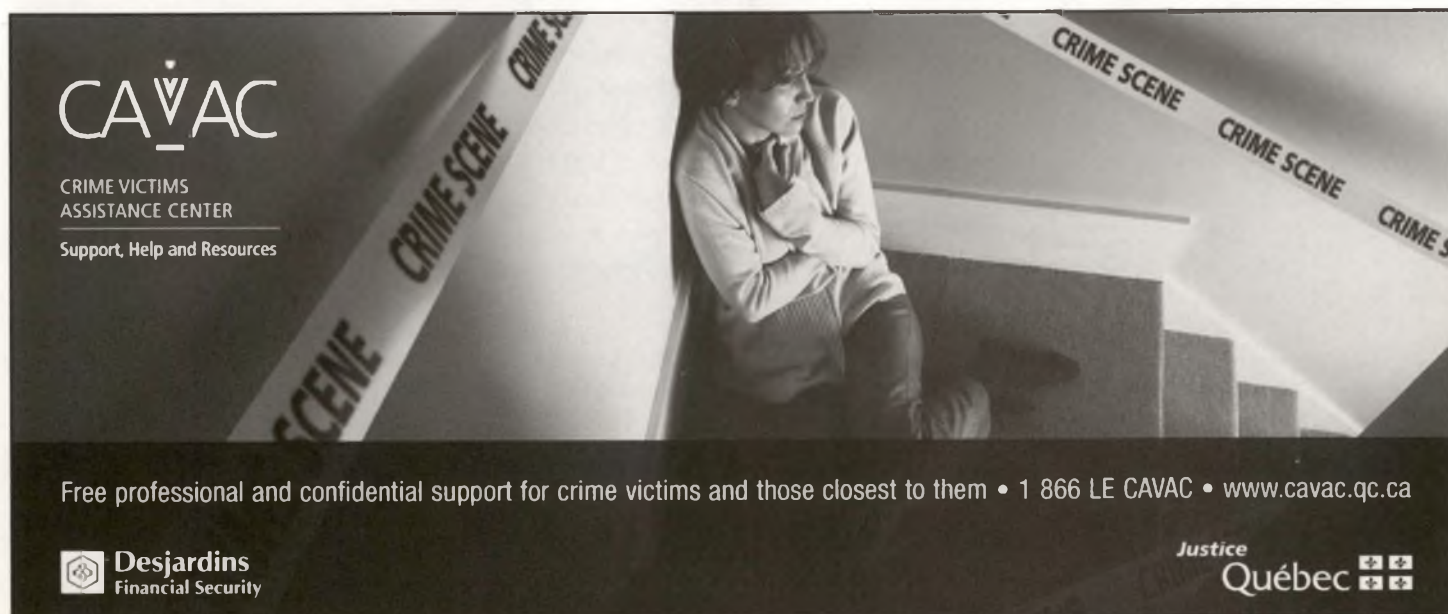


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As the meat browns remove the lemon grass and add the harder vegetables like carrots and celery. Cover and lower heat to medium high. Add a half cup of water to the marinade.

Open top and add the other veggies, almonds and sunflower seeds. Sprinkle on Soya; add remaining lemon juice and teriyaki marinade. Mix well and cover for 5 minutes.

Open and discard top. Garlic and ginger lovers may add a little pressed garlic or ginger at this time. Stirring constantly add some teriyaki sauce to thicken and serve hot on a bed of rice.

### **Will's Welsh Rabbit**

In the past, rabbits were part of royal game preserves. Only the titled and their friends were permitted to hunt and consume rabbits. So Welsh Rabbit referred to melted cheese on toast. This is my little snack and one that is addictive. Yes, I'm an addict and so is my girlfriend even if she doesn't want to admit it.

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Cut cheese into 1/8 inch strips and lay over tortilla.

Put into microwave for 30 seconds maximum. Look, and if cheese is melted then stop microwave. Enjoy as it's better than chips. You even add salsa to the top after microwaving it.



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The father who received you into this world  
The grandmother who held you and prayed for you  
The grandfather who held your hand for your first walk and the gun for your first shot  
The brother who taught you to laugh and run  
The sister who taught you to sing and love  
The brother who taught you to fight and care  
The sister who taught you to feel and cry  
The wife you promised in good times and bad  
The son you held on his first day  
The daughter you called my little princess  
The friend you walked to school with in fear with on that first day  
The friend who taught you to ride a bike  
The friend who took you fishing  
The friend who taught you about girls  
The friend you stayed up all night with  
The friend you planned to run away with  
The friend you worked with  
The friend you drove with for the first time  
The friend who never missed your birthday parties  
The friend who held you when you cried  
The friend who stood by your bedside when you were ill  
The friend who lied to protect you  
The friend who was on your team  
The friend who prayed for you  
The friend who shared his greatest secrets with you  
The friend who raised your hand in victory  
The friend who stood with you when you wed  
The friend who shared your first smoke  
The friend who dared you to kiss a girl  
The friend who cheered you on  
The friend who became your first girlfriend or boyfriend  
The friend who always understood  
The policeman who was on duty  
The paramedic who tried to revive you  
The doctor who pronounced you dead  
The heavenly father who you denied

This list is endless. Only you will know how many people you will hurt.  
But most of all please think of the tremendous heartbreak you will cause the person who finds your body.



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# UNDER THE NORTHERN SKY

## New life announces Spring

by Xavier Kataquapit

For my people, the James Bay Muskego Cree, spring represents hope, change and replenishment. This is the time when the geese will begin to fly back to us so that we can eat. It is also the time when the animals and the land are on the move.

It has been a long, hard winter and sadly I have seen sickness in my family and friends. However, today is one of those great spring-like days. There is change in the air and a warm sun beats down from the deep blue sky. The snow is melting and water runs along the streets of the town. Spring birds are appearing early and I can hear them outside my window in the morning.

Today is all about good news. There is a new baby in my circle of friends. Her name is Sara Nicole Swartz. She arrived at 10:01 am on March 13 in the Timmins and District Hospital. At birth, she was 19 inches long and weighed seven pounds and eight ounces. Sara is one lucky little baby to be born to my friends Andrew and Carmen Swartz. She couldn't have picked more kind or more loving parents anywhere in this world.

Sara comes to us with a lot to live up to as she is named in memory of Sara Paquette, a long-time resident of Iroquois Falls and grandmother to Andrew. In keeping with family, her middle name Nicole is for Carmen's sister. No doubt, proud great grandpa Don Paquette and his friend Bernie will be doing their best to spoil baby Sara as will great grandma Margaret Bernier. My congratulations to grandparents Beverly Anne Forget, Donna and Dave McEwan and Tom Swartz, all of Iroquois Falls.

Having grown up in a huge family in Attawapiskat First Nation, I understand the

importance of the arrival of a new baby. We Cree make a big deal of this event. Perhaps it has something to do with our struggle to survive in very hard and sometimes stark conditions on the land.

Most of the families I knew up the coast were very large. Although this always meant one more mouth to feed, at the same time it was one more step in ensuring the survival of our people.

These days, families up the coast are getting smaller and I suppose this is the result of changing times. We live in a more modern society where we do not have to struggle as hard to survive. That makes the arrival of new babies all the more precious.

All the boys from my family learned from an early age how to care for babies. I know all about changing diapers, comforting and walking babies, dressing them for the cold and making them feel loved.

Some people might find a crying baby hard to take but it is a normal part of life for me. I was raised in a small home that was very crowded and always full of babies. Sometimes there is nothing more beautiful than a little one crying out for attention.

All of the babies in my family are rapidly growing. Little Linniah, Liam, Orion and Ekwan are the youngest children in my family and they are growing as fast as spring grass.

There is nothing like a new baby to perk everybody up. Grey days and cold weather will soon be a thing of the past. Thanks to the arrival of little Sara, spring seems all the closer as new life sweeps like a wave across the land. Welcome home Sara.



# CLASSIFIEDS

## BIRTHS - 100

(Note: This is to rectify an erroneous announcement that was in our birth section of our classifieds, last issue of The Nation 14-09) **To Jane and Gilles St.Gerlais, I apologize for the comment made in the previous Nation. There is no truth to the statement made. Christina**

I would Like to say Congratulations To My sister Mary Snowboy and her boyfriend Anthony House On The Birth Of Their BabyGirl Kassidy Trinity Justine(creename) Snowboy Born On February 22 ,2007 ...TakeCare Of Your Precious baby girl Lub U all From your sis Caroline

## BIRTHDAYS - 101

Wishing a happy 3rd birthday to Lucy'sh Lameboy-Sam on February 27 & many more birthdays to come hugs & kisses for you Jaabaw Amera'sh Giah from Caroline in Gat(Hull)

I would like to wish a happy birthday to my friend Stella Tapiatic on March 5 , 2007 and many more to come ouwah! I miss you can't wait to see you goh luv & friendship Caroline Snowboy Gatineau(Hull) Happy 3rd birthday to my baby girl Merielle Precious Jewel Salt.She'll be celebrating her birthday on march 28/07.Time sure flies you're 3 years old and next day you'll be starting pre-k and I want you to know that you have brought so much joy and happiness into my life since I gave birth to you.I wanna thank God for giving me the strenght to raise you on my own.It's never easy for me but I still manage to do my best knowing that you are truly a blessing from above.Once again Happy 3rd birthday my baby I love you so much and I will always be there for you.With all my love your Mommy Pierrette Salt.

Happy birthday to my sister Merielle Salt.I just wanted you to know that I love u so much.Have a blast on ur birthday and don't forget to make a wish when u blow out your 3 candles.Love your sister Myra Tawnee Blackned.

Birthday Wishes going out to our Daddy Larry Shecapio on mar 12.2007 and many more to come we luv you very much.from your little man Matt and your babygirl Joy-Lynn

This one is for my Godfather Larry Salt, wishing you a happy birthday on March 22. Have a wonderful day and may God bless you many more birthdays! Thank you for the rides you give me to Daycare. Love your God daughter Karissa Capissisit xoxoxo

I wanna say Happy 20th birthday on March 29. to my great friend Amanda Wesley in Kashechewan, Ont. hope u have a great one, dunt drink too much,lol enjoy ur special day!!! fr ur friend S.P.W in Kash

On Febuary 28,2007 My neice Audrey celebrated her birthday. hope you had fun on your special day.I loved your cake. my favorite chocolate mmmmmmm!!!! Happy birthday Audrey'sh! Love Auntie Norma

Happy belated Birthday to our uncle John on Mar.01.2007 Happy Birthday John and many more to come! from Justin, Justine and Boo Doo Na

Sending out belated birthday wishes to our Daddy Thomas Neacappo on Febuary 26, 2007. Happy Birthday daddy. We love you! from your children; Justin,Justine and Justina(Wask)

Happy birthdays going out to all my family, my dad Roderick pet on Jan. 28th, my mom Lizzie pet Feb 28th, my sister gale on march 2nd, my brother Rodney on March 11th, might as well wish my sister Melanie too on May 2nd. Pearl...

you and I will celebrate our day in November at least we aren't alone we have Jennifer to celebrate with us...same day with me...lol...happy birthday you all...I love each and everyone of you...from your daughter/sister Vicki

We would like to send a happy 14th birthday to our wonderful daughter Meegun Sharl on march 13th, happy birthday. God blessed us with a precious little girl at 08h57 weighing 7lbs 5oz 1993. to have her as a daughter is a wonderful gift from God and it is the greatest gift of all. Now you're a grown up teenager it scares us, Meegun hope your days as special as a sweet girl's day should be filled with fun and happy times that fit you perfectly! Once again happy 14th birthday sweetie!! with love, hugs, and kisses from; Mom & Dad (Harry & Anouk) also from your sister's (Peyton, Faith Siikun and sweet little sister "Kate")

## PERSONALS - 300

I am a single mother to a beautiful baby girl who will be turning 1 in June , I plan on going back to school this coming fall either in Ottawa or Montreal depending on where I will get accepted and I am looking for a babysitter for my daughter who's willing to stay in the south..for more information you can contact me , by email at kiera30@hotmail.com or at home # 819-977-0323

I would like to say to my Snucky I love you and I am happy to meet you. His name is Peter James Byron Neeposh his from Waswanipi but everybody calls him Lally and I love you From: Lala Pcc

I just wanted to say hi to my friends and relatives in Moose Factory and Moosonee Faith Wapachee, Pearl Echum, Jessie Vincent, Shirley Davey, Samanta Hester, Linda Wynn, Melanie McCloed, Jaime Sutherland, Shannon Trapper, Cindy McCloed, Angela Linklater, Lynsey Gagnon, This funny chick that borrowed my cd case in North bay, you know who you are and the rest I forgot to mention, I miss you all very much and hope to see you in the near future. Friend Cynthia Blackned

## PUBLIC ANNOUNCEMENTS - 400

The Native Women's Shelter of Montreal now has a 1-800 number. You can now reach us toll-free at: 1-866-403-4688. Please check out the new website at: [www.nwsm.info](http://www.nwsm.info) and feel free to give us any feedback.

Do you need help? Someone to talk to? Call the Kid's Help Phone's toll-free number, at: 1 - 8 0 0 - 6 6 8 - 6 8 6 8 or check out their website at: [www.kidshelp.sympatico.ca](http://www.kidshelp.sympatico.ca).

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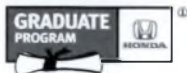


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